

The Weekend Detox (Paperback)

By Jerry Lee Hutchens

Book Publishing Company, United States, 2014. Paperback. Book Condition: New. 211 x 135 mm. Language: English . Brand New Book. Improve and maintain your intestinal health through the benefits of fasting. In just one weekend you can clean out your digestive tract, clear your tissues of toxic substances, and increase your circulation all by eliminating harmful foods, enjoying some mild exercise, and getting plenty of rest. A simple overview of how the digestive system works will get you started. Basic instructions for how to do a weekend detox outline what to eat, hows to eat, how to fast effectively, and how to come off a fast safely. After the weekend, continue the benefits of detoxing with conscious breathing, exercise, a nutritious diet and mindful eating.





Reviews

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-- Edna Rolfson

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Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English. Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber keys? Did you marvel at the immense...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



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ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



Any Child Can Write (Paperback)

Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book ***** Print on Demand ******. Harvey S. Wiener shows how parents can encourage their children to write with a...